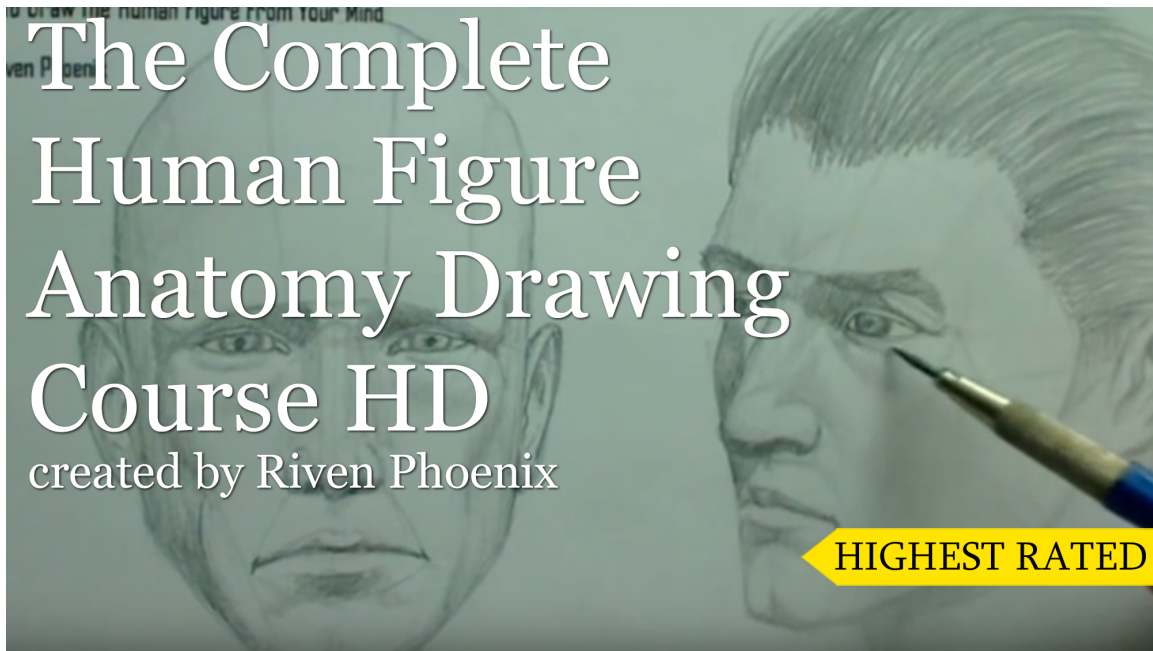


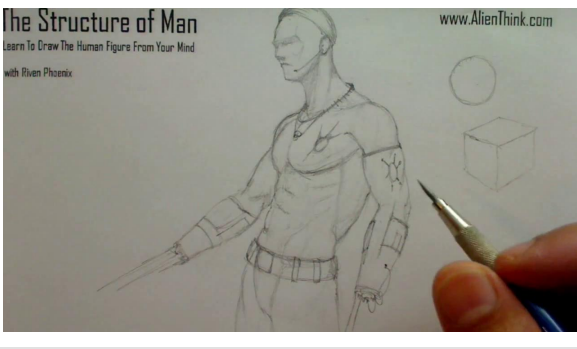
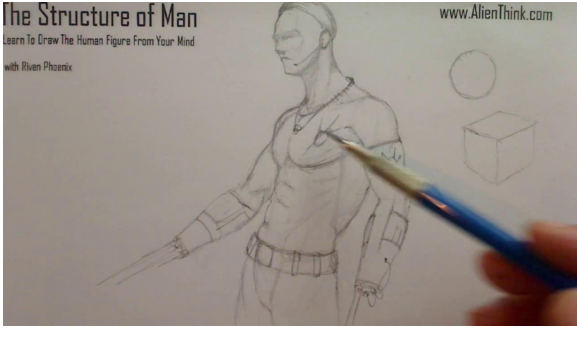


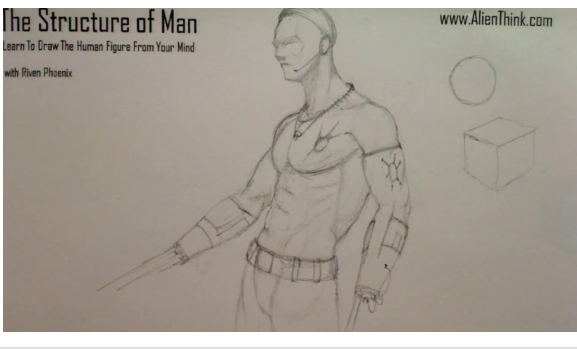
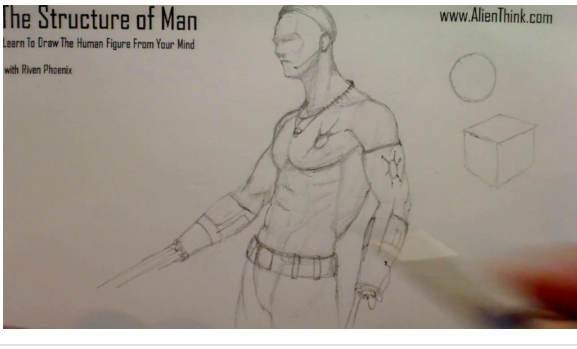
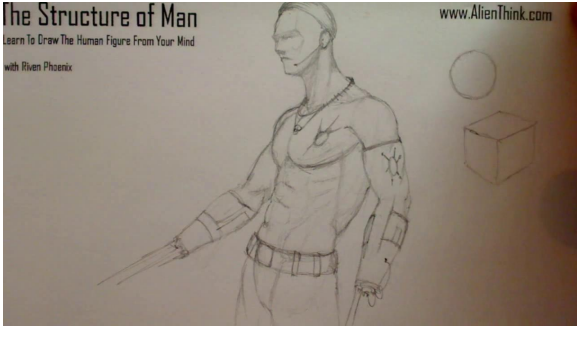
## **The Structure of Man**

Learn to Draw the Human Figure From Your Mind with  
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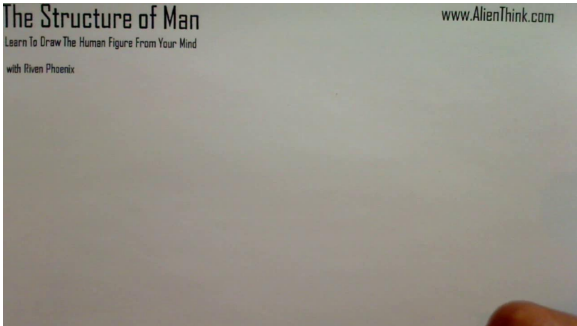
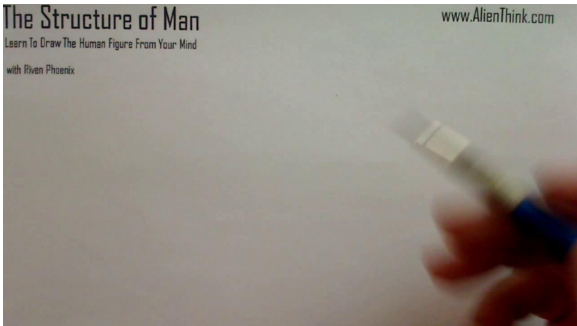
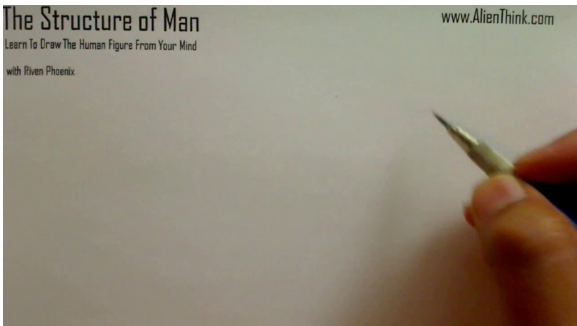
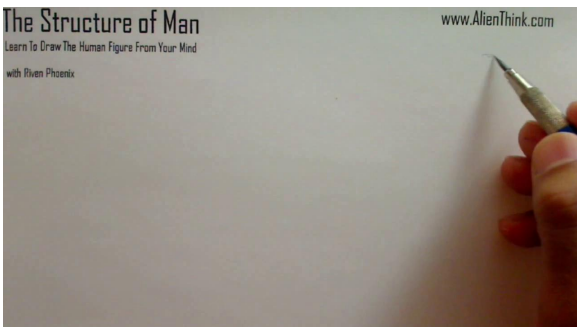
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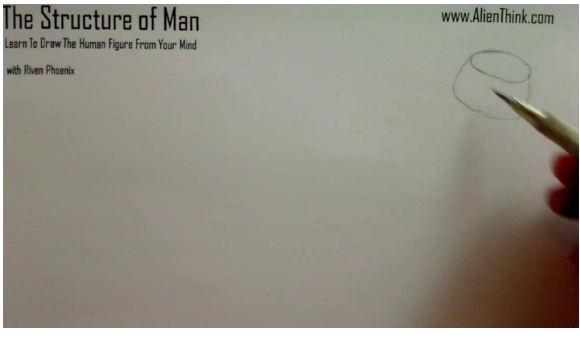
Figure Drawing Lesson 031 - The Invention of The Spine  
- Part 1

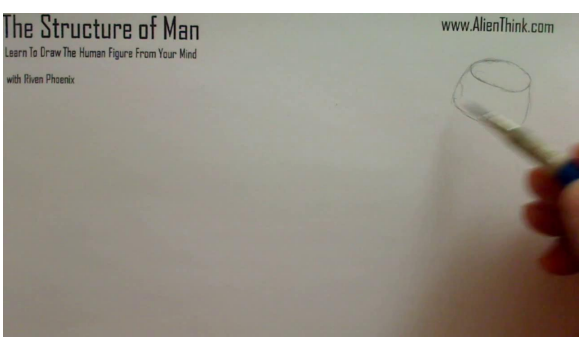
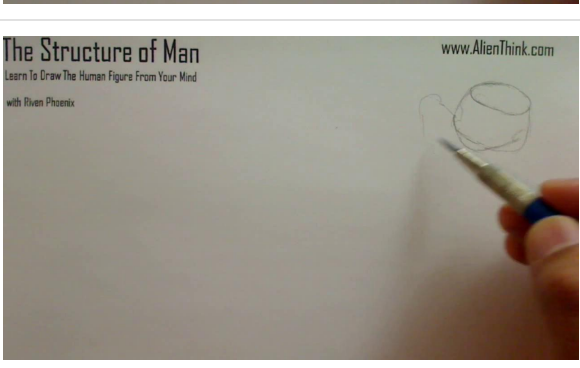
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| 1 |    | <p>Hey guys, my name is Riven Phoenix and welcome to the Structure of Man, Learned to For</p>           |
| 2 |    | <p>All the Human Figure from your Mind Training course.</p>                                             |
| 3 |   | <p>Okay, so now in the previous lesson, we went through a milestone process, really just looking</p>    |
| 4 |  | <p>at all the stuff that we've imprinted inside the mind and here how we could use that information</p> |

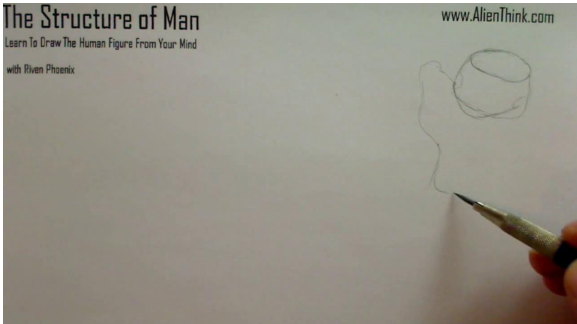
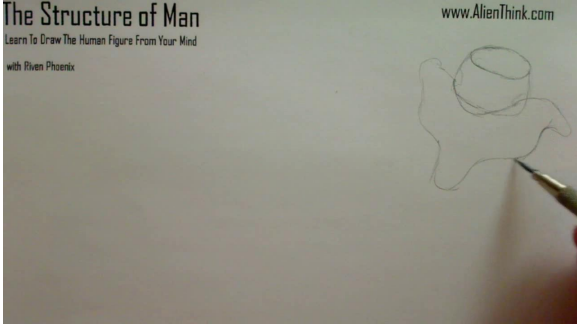
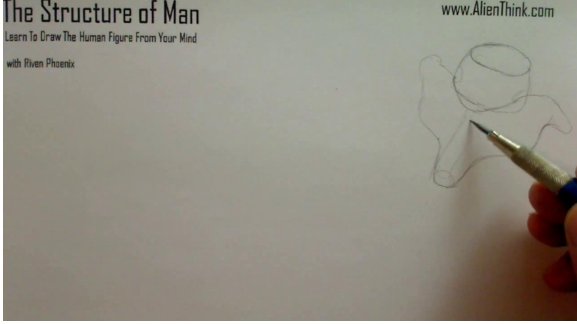
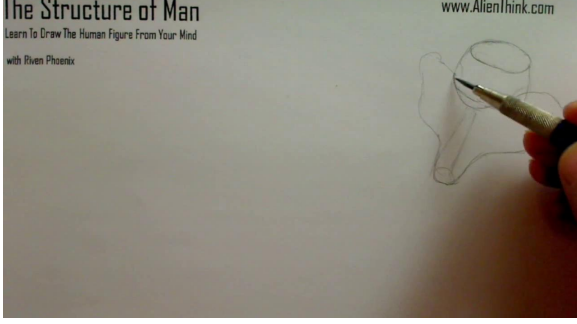
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| 5 |    | and try to really get the mind ready to the concept of the idea of one organic concept   |
| 6 |    | of the human figure, right?                                                              |
| 7 |   | So now what we're going to look at the flow, really the spine area of the figure.        |
| 8 |  | So to understand the spine, what we are going to do is really take a much more different |

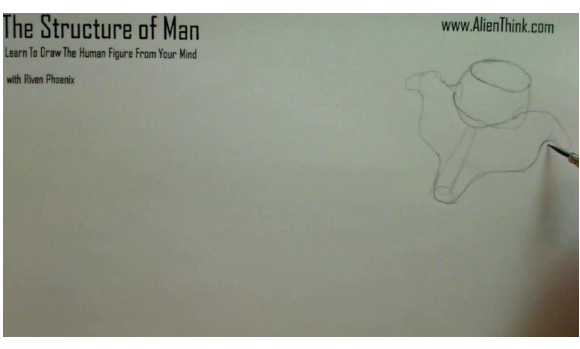
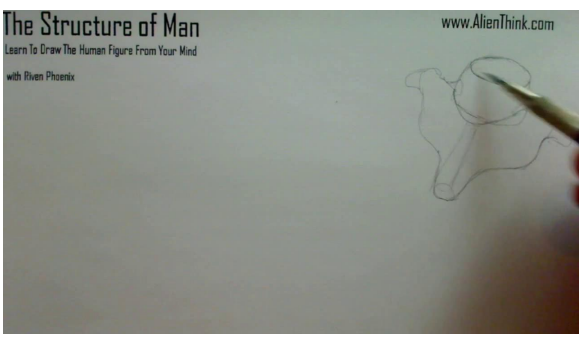
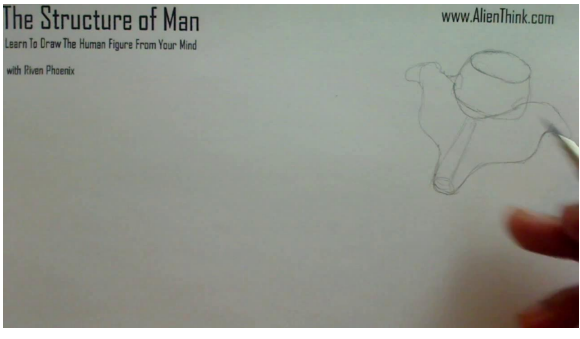
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| 9  |    | approach than we've been looking at.                                                     |
| 10 |    | For all the other parts that we've invented of the figure, for our own invention is that |
| 11 |   | we've always used formulas.                                                              |
| 12 |  | So for the spine, we don't want to use formulas and the reason really for that is the    |

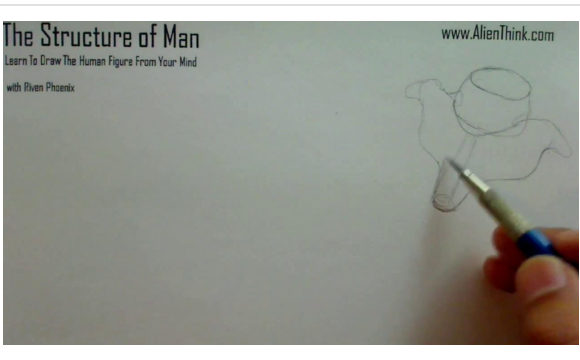
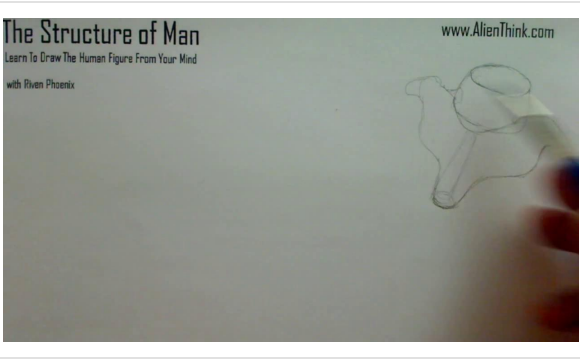
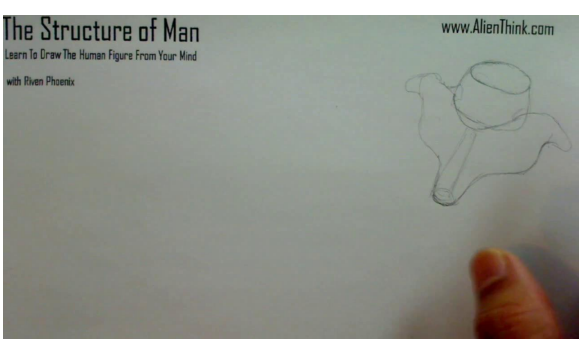
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| 13 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | spine, the spine is much more of a flow system, right?                                  |
| 14 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | So you really just need to understand the basic concept of it, get it inside the mind.  |
| 15 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>  | So to understand this, what we'll do is, let's just first draw out, let's say if I want |
| 16 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p> | to draw out just the basic concept, let's say of the spine.                             |

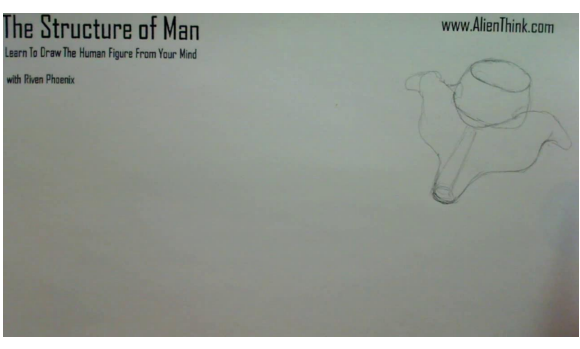
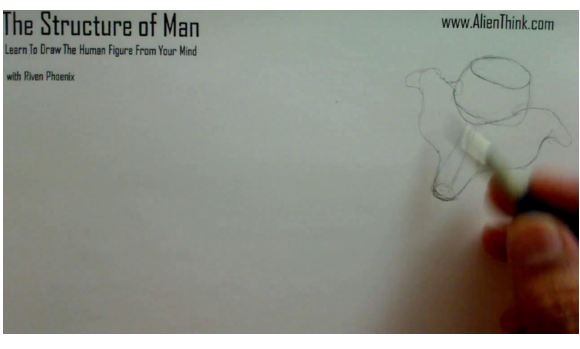
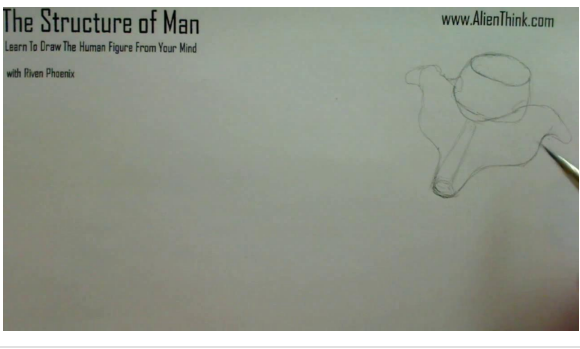
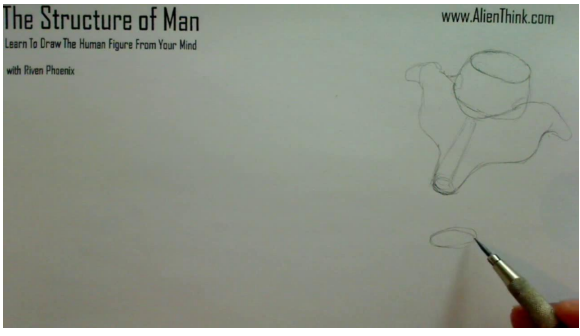
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| 17 |    | So here I'm just going to draw out this cylinder here first, right?                    |
| 18 |    | So here let's say that this is going to be a piece of bone over here.                  |
| 19 |   | This is one, it's like a cylinder.                                                     |
| 20 |  | So from within this, what we need to do is attach basically like a pipe system, right? |

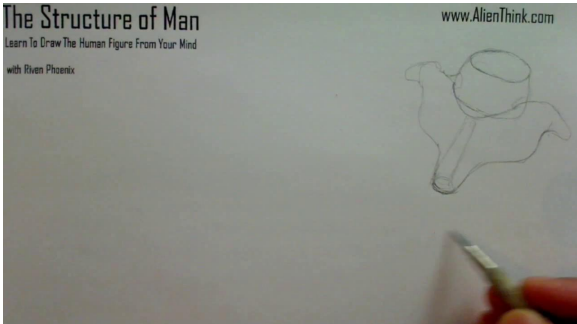
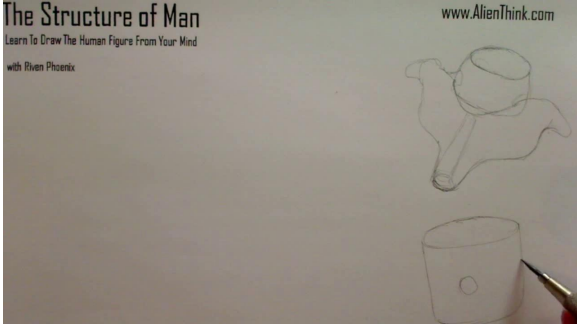
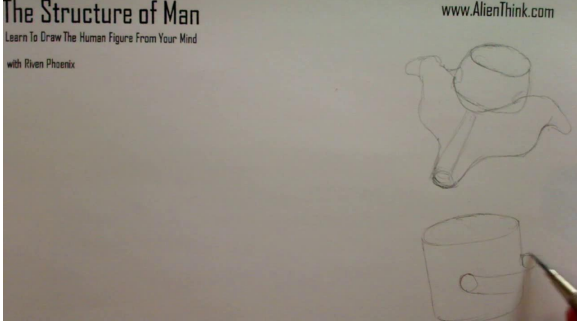
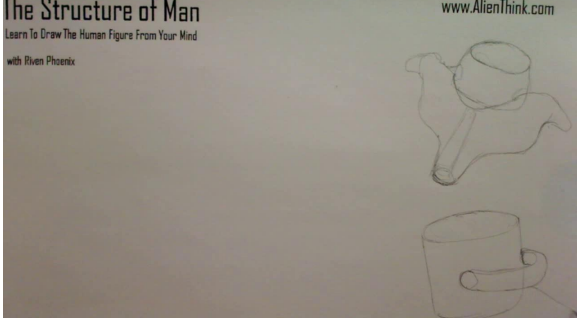
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| 21 |    | <p>So this pipe system would come from here in here and it would really just end up looking</p> |
| 22 |    | <p>like this.</p>                                                                               |
| 23 |   | <p>So here I'm just going to draw the actual shape of the spine so you can just understand</p>  |
| 24 |  | <p>but we'll look at it in a much more simpler idea, right?</p>                                 |

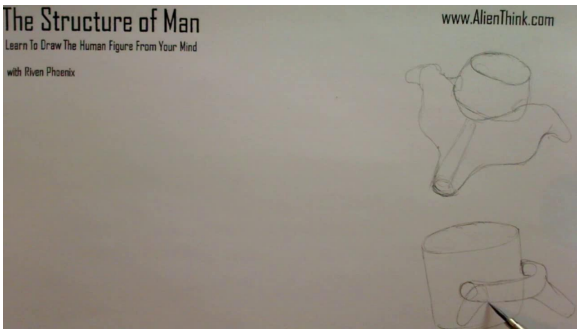
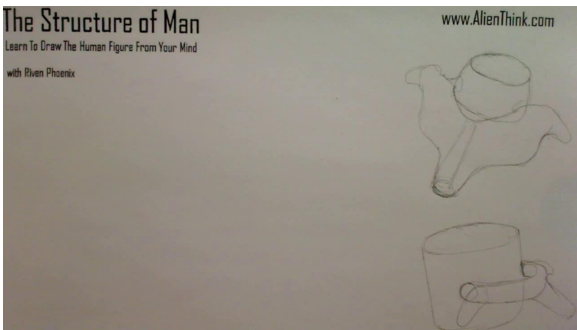
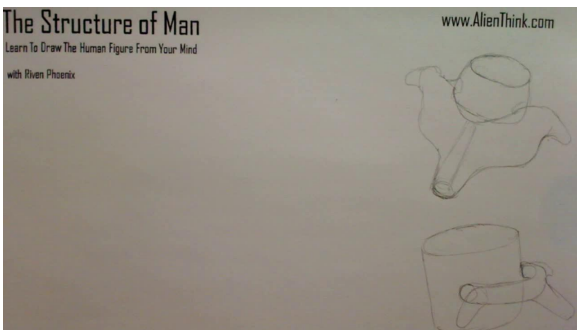
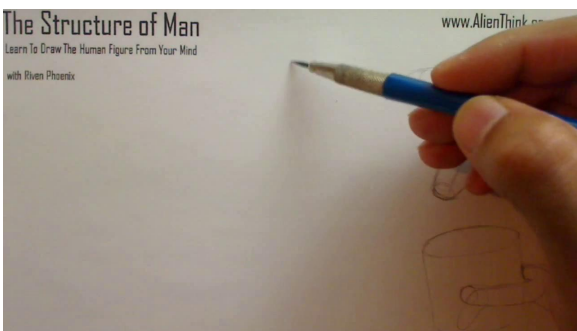
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| 25 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | <p>So here you'll get like these prongs that will be protruding out of the spine.</p>                |
| 26 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | <p>So basically, so this is like a 3D concept over here, it's just going to go in this direction</p> |
| 27 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>  | <p>over here like this, right?</p>                                                                   |
| 28 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p> | <p>So this is really more of a connection point and then you'll get the same type of a prong</p>     |

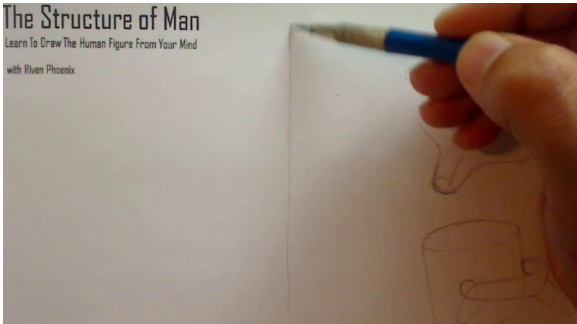
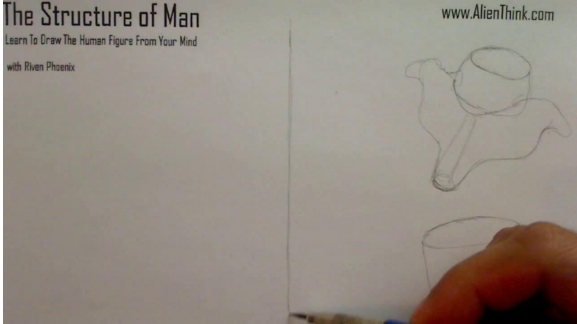
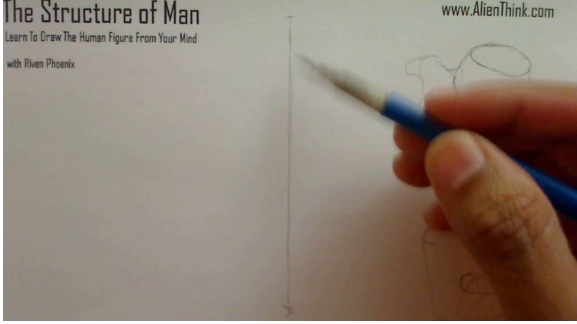
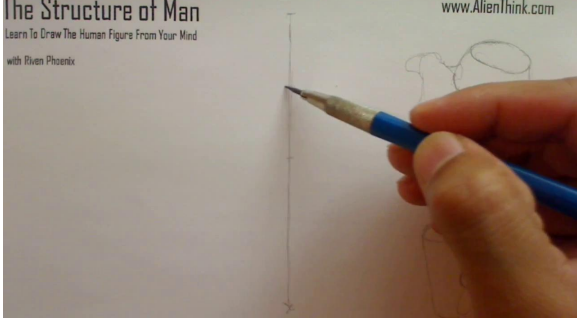
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| 29 |    | over here.                                                                           |
| 30 |    | So you'll have pieces like this stacked up to each other.                            |
| 31 |   | So this area here is really a prong that sticks out on the back.                     |
| 32 |  | If you feel your back, you'll notice this on the lower part of your body that you'll |

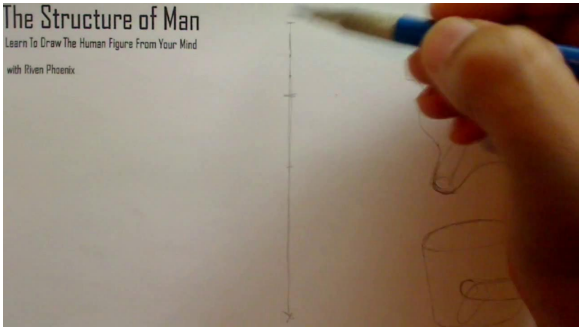
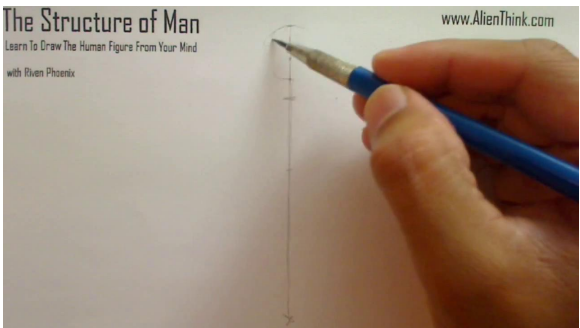
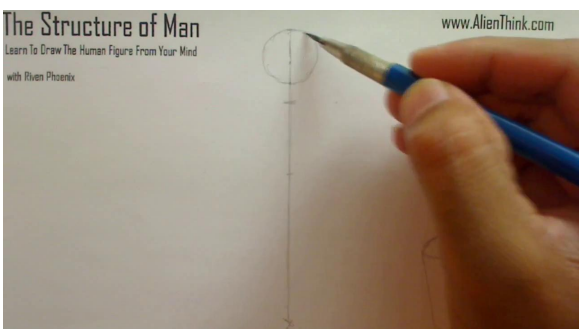
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| 33 |    | <p>feel these bumps and this is really the bump over here.</p>                                |
| 34 |    | <p>But the rest of the spine is really just buried inside the body, right?</p>                |
| 35 |   | <p>So this is why we really don't have to understand every bone structure of the spine.</p>   |
| 36 |  | <p>We really just need to understand the basic concept of it and this idea here is what's</p> |

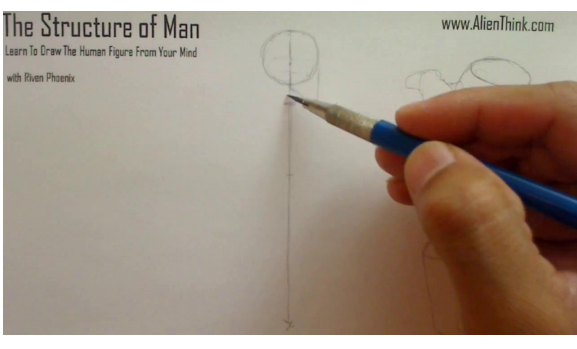
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| 37 |    | going to matter.                                                                          |
| 38 |    | Right?                                                                                    |
| 39 |   | So if you want to simplify this concept, you could look at it this way that we just have, |
| 40 |  | let me draw this actually a little bigger here since we have space.                       |

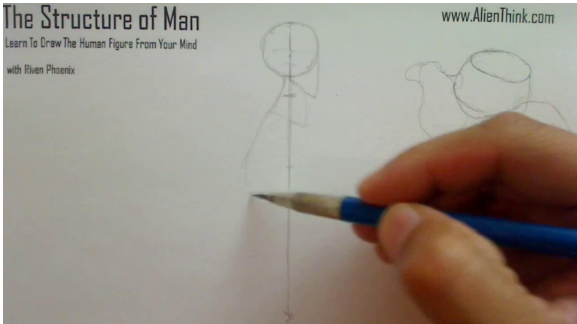
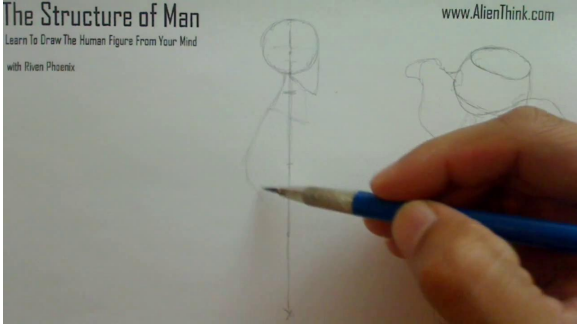
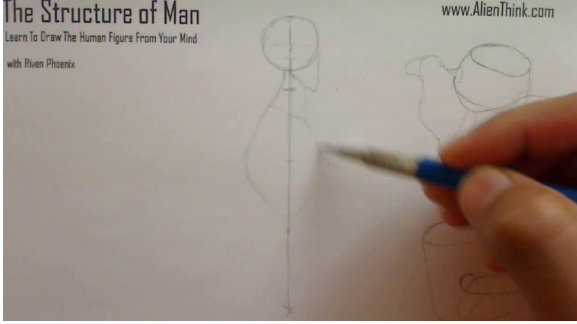
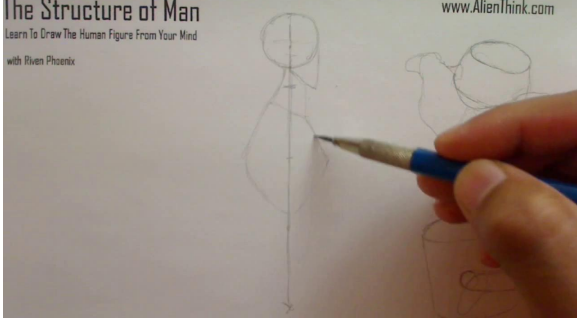
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| 41 |    | This is nothing more than a, let's say a can like this and then from within it, you've  |
| 42 |    | got these, you've got like this pipe that goes out from it.                             |
| 43 |   | It's going to go like this, it's like a cup but the handle is on its side and from here |
| 44 |  | you'll get this prong that'll come out which is this guy here and from here you'll get  |

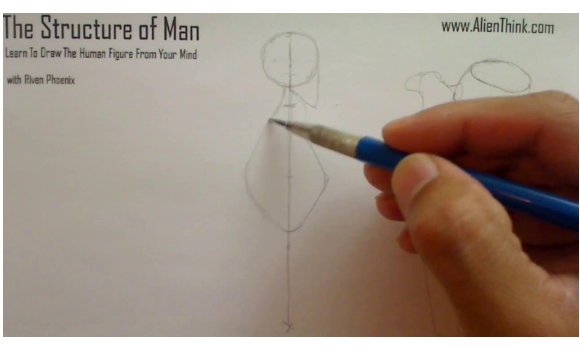
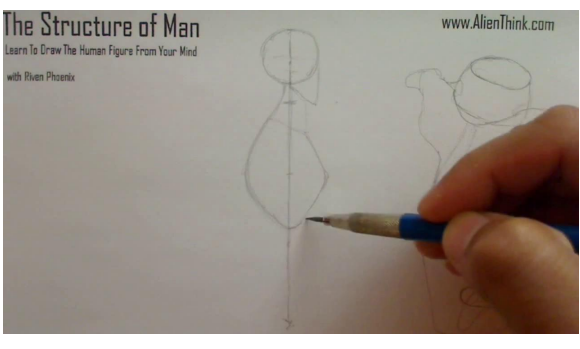
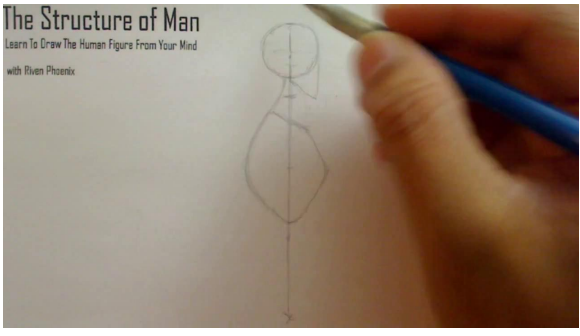
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| 45 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | two other prongs that are going on the other side.                                     |
| 46 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>   | Right?                                                                                 |
| 47 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p>  | So here we're just going to introduce the mind to its basic concept here, right?       |
| 48 |  <p>The Structure of Man<br/>Learn To Draw The Human Figure From Your Mind<br/>with Riven Phoenix<br/>www.AlienThink.com</p> | So if I draw this out over here, I'm going to draw this, let me see, I can go a little |

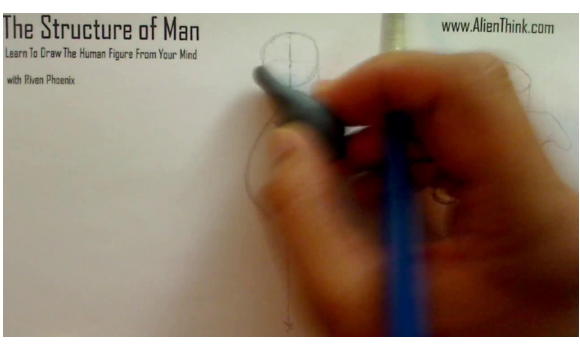
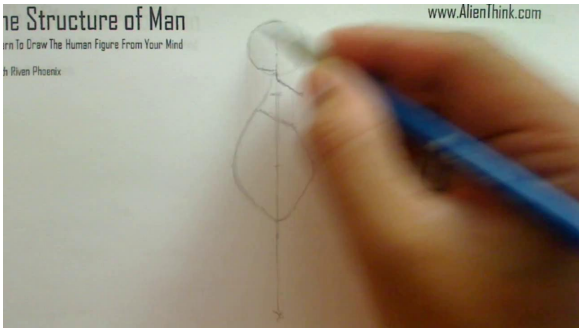
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| 49 |    | bit higher here, it comes on camera, okay?                                             |
| 50 |    | So here I'm just going to draw the upper part of it, right?                            |
| 51 |   | So when we're drawing this out, we already know how to do this part.                   |
| 52 |  | So here, let's look at something a little more, something extra since we're looking at |

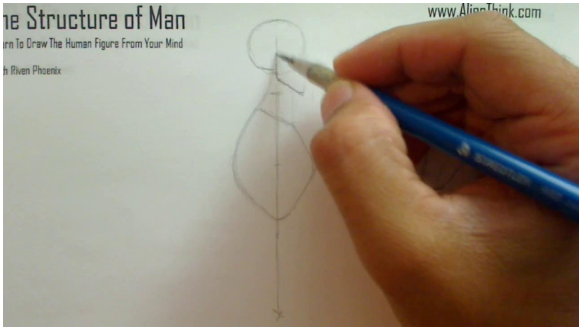
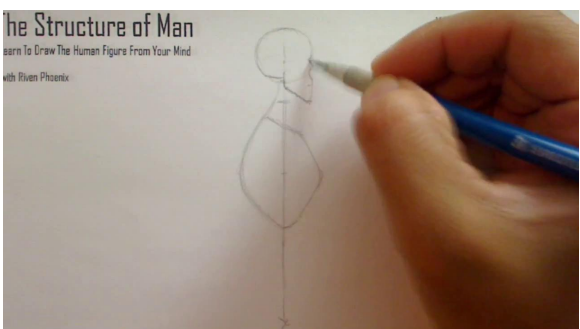
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| 53 |    | <p>the spine anyways, is that we already know that we really don't even have to use the</p>       |
| 54 |    | <p>formulas to draw out the skull, it's just the basic form concept.</p>                          |
| 55 |   | <p>We know we're going to get this like the circular shape and on where this is halfway here,</p> |
| 56 |  | <p>we know that the jaw is just going to come down and we get like the basic idea of it,</p>      |

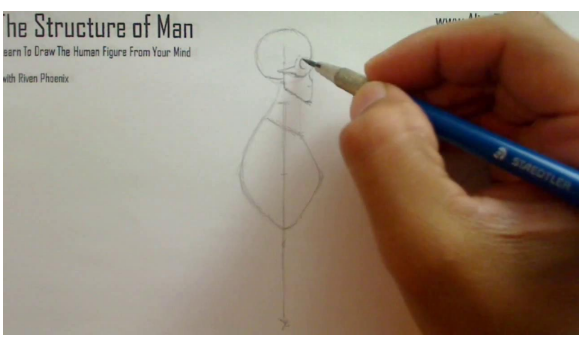
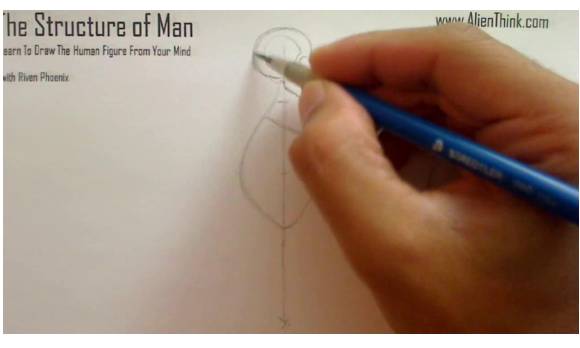
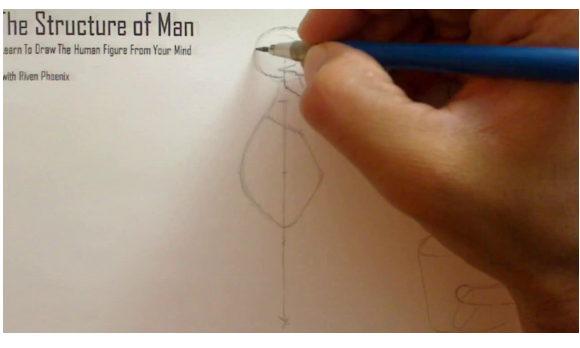
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| 57 |    | right?                                                                                   |
| 58 |    | So we know that the neck is going to be on an angle and we know that the clavicle        |
| 59 |   | is here.                                                                                 |
| 60 |  | So really all you have to do is just put your line down here and just look at the ratios |

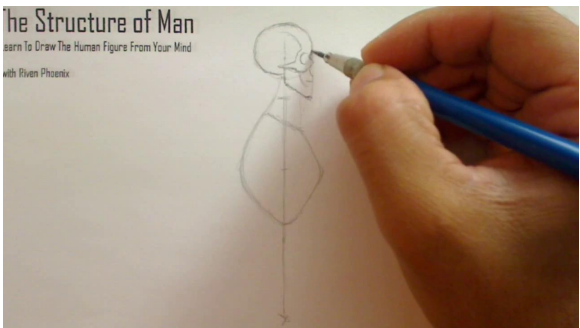
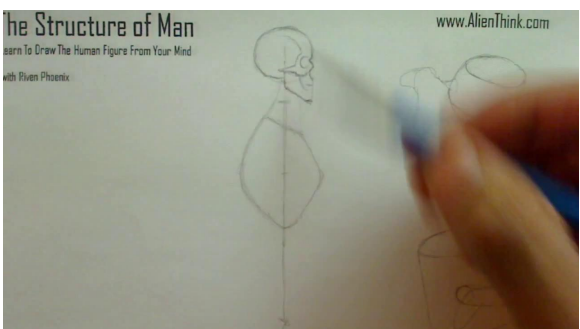
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| 61 |    | over here and you know that the navel is here.                                           |
| 62 |    | So when you come down in this way over here, you're just going to come over here looking |
| 63 |   | in this direction, right?                                                                |
| 64 |  | So you can get like a basic conceptual idea, this is where the turn is of where this is  |

|    |                                                                                     |                                                                                         |
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| 65 |    | going to be, right?                                                                     |
| 66 |    | So here we really didn't use formulas, meaning we didn't have to plot them out, we just |
| 67 |   | did it all freehand, but looking at the ratios, right?                                  |
| 68 |  | So since we have this, we know that the bottom area is going to be down there.          |

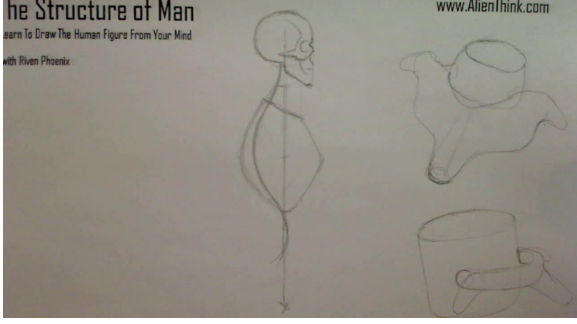
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| 69 |    | So here let's just work on this.                                                            |
| 70 |    | So here when we draw it, it's the same thing.                                               |
| 71 |   | We don't depend on the formulas because there was really just to get the mind to understand |
| 72 |  | the basic concept of this, right?                                                           |

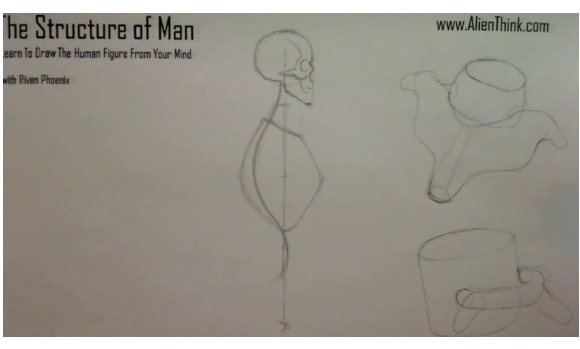
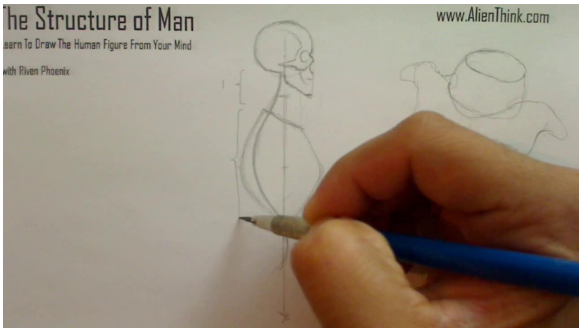
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| 73 |    | <p>So the division of this is halfway here, they know that it's just going to go in like</p>    |
| 74 |    | <p>this over here and I'll get the nose area like this and I'll go down, right?</p>             |
| 75 |   | <p>So here you'll see the basic idea behind this and over here we'll get the curvature over</p> |
| 76 |  | <p>here and then I'll just get the cheek point over here, right?</p>                            |

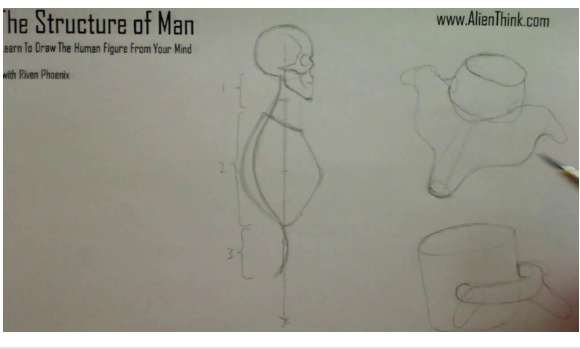
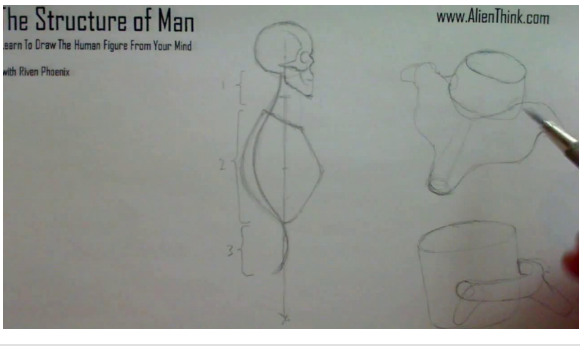
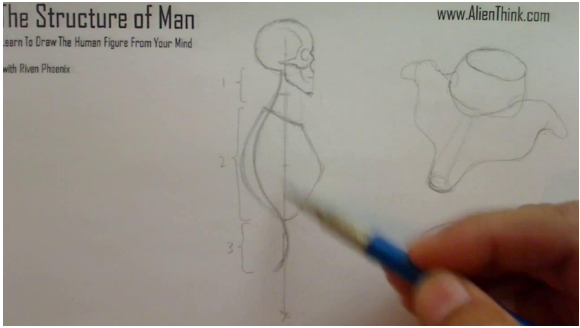
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| 77 |    | It's a very quick method of putting this called on here, we can even longer it.                |
| 78 |    | Right, so when you're doing these, when you're following these exercises, you'll notice        |
| 79 |   | that we always draw out all the stuff that we're looking for from scratch and make sure        |
| 80 |  | that you do that, you don't use the previous drawing that you've done to understand a concept, |

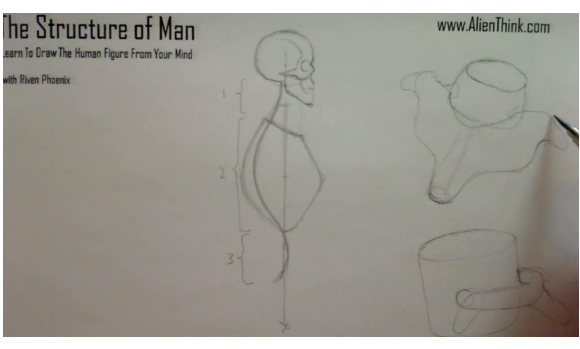
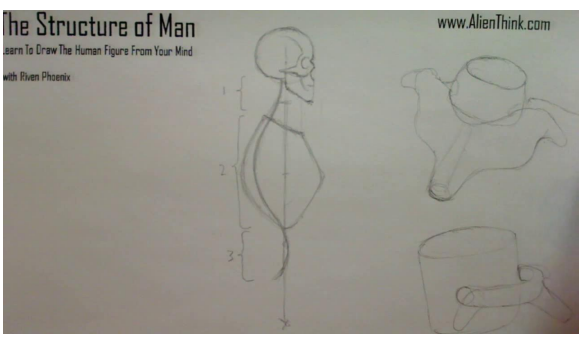
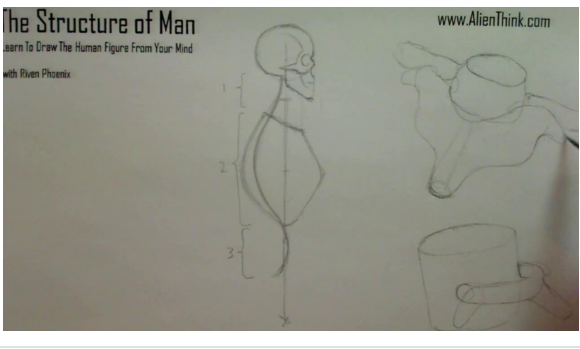
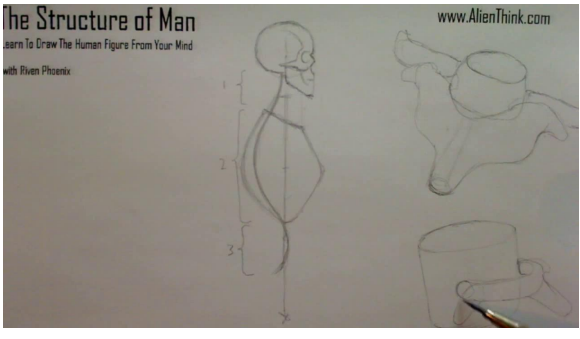
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| 81 |    | right?                                                                                |
| 82 |    | One of the key things with this course is every exercise that you do, you'll get your |
| 83 |   | mind used to the concepts much more rapidly.                                          |
| 84 |  | Okay, so now the thing to understand about the spine is going to be the flow of it,   |

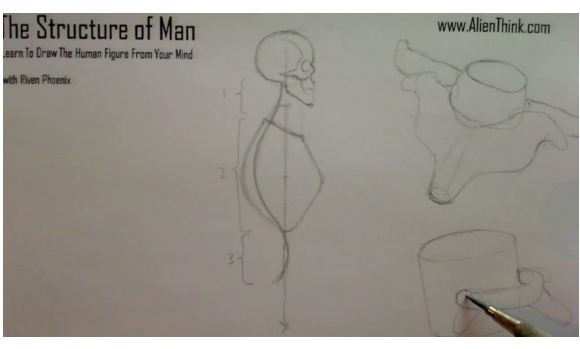
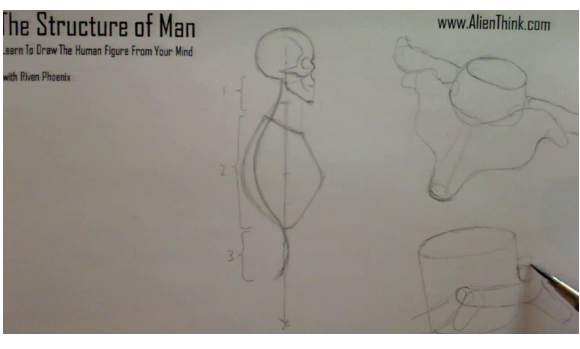
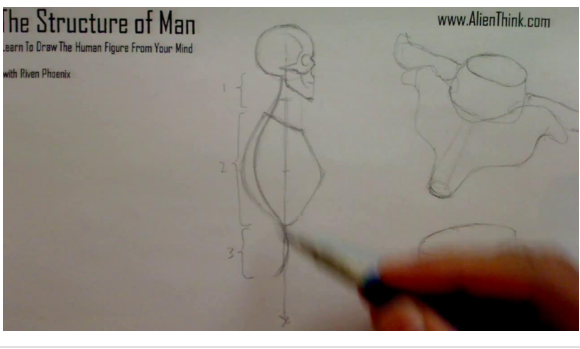
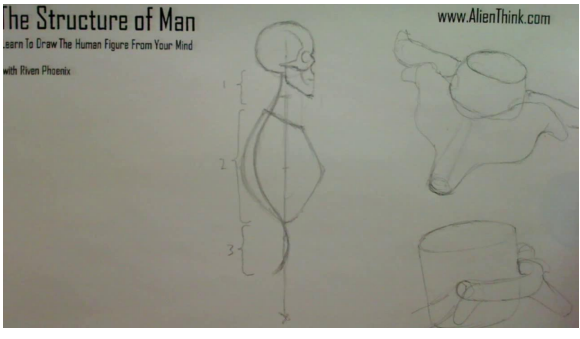
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| 85 |    | right?                                                                                            |
| 86 |    | So basically it's going where this jaw is, this spine starts from here and it's going             |
| 87 |   | to go inside the chest cavity and when we look at the spine in the next lesson, our understanding |
| 88 |  | of the chest cavity is going to start to change a little bit, right?                              |

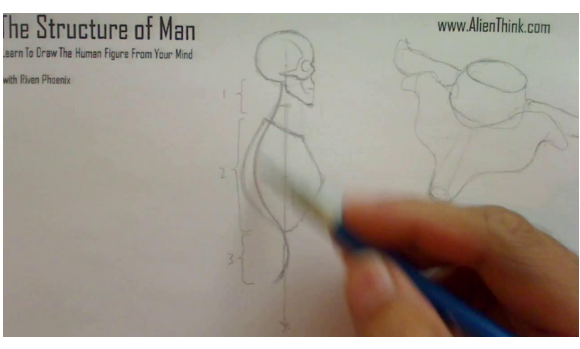
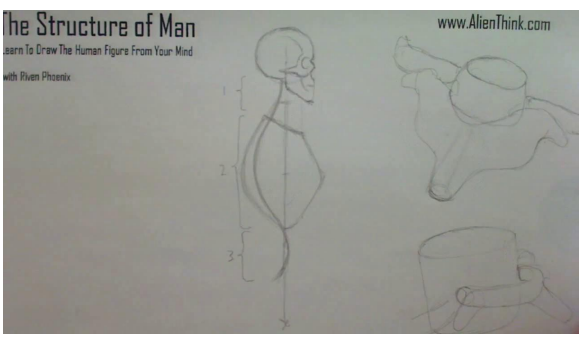
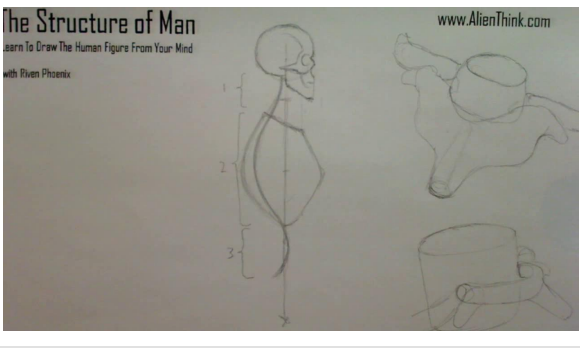
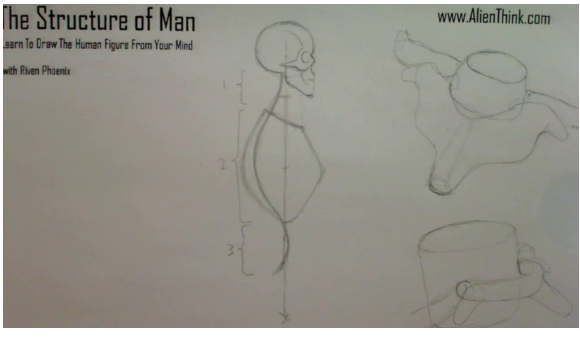
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| 89 |    | <p>So basically the spine would go like this in its flow system over here and then it would</p> |
| 90 |    | <p>just come out like this, right?</p>                                                          |
| 91 |   | <p>So here I just want to, we want to just look at the flow of the spine, that's how it's</p>   |
| 92 |  | <p>going to be.</p>                                                                             |

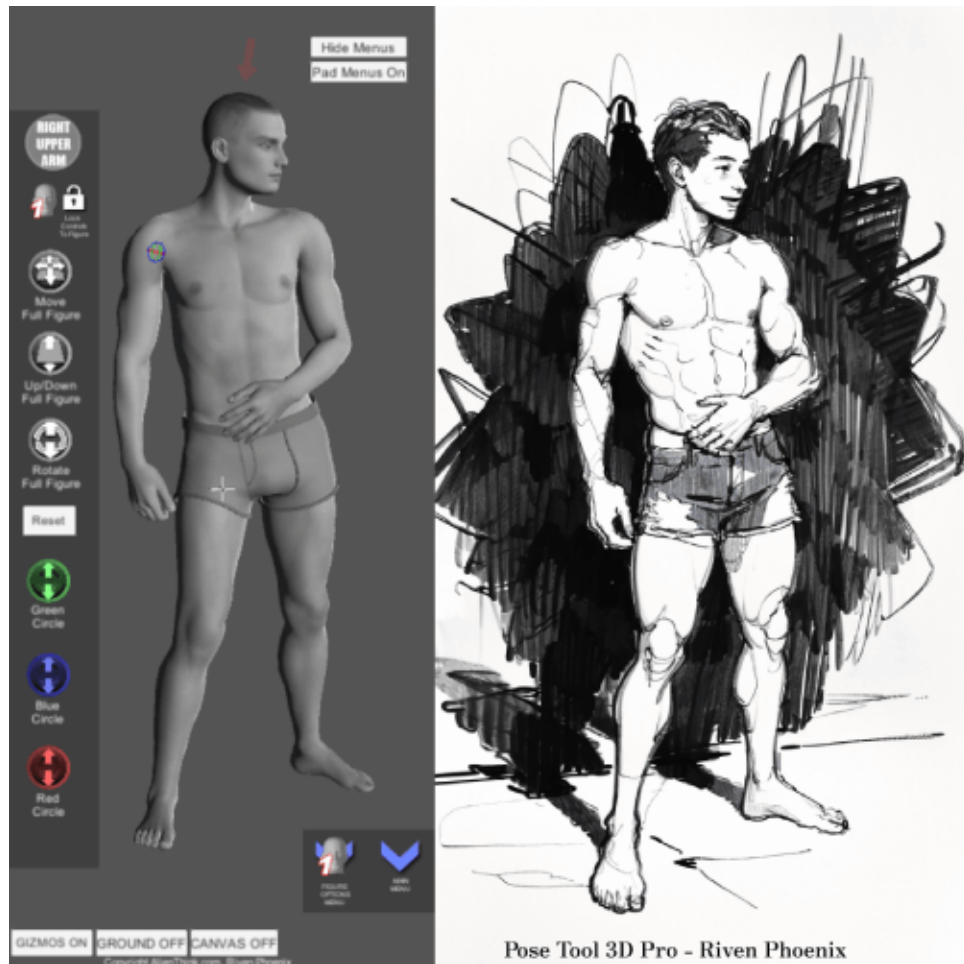
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| 93 |    | <p>Okay, so in our concept of this invention of the spine, we're going</p>                    |
| 94 |    | <p>to say that this spine is going to be divided in three sections.</p>                       |
| 95 |   | <p>This is going to be one section and then from here to here, we'll also state that this</p> |
| 96 |  | <p>is going to be section two and then from here to here is going to be section three.</p>    |

|     |                                                                                     |                                                                                         |
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| 97  |    | Okay.                                                                                   |
| 98  |    | So that's the basic thing that we need to just begin to understand about the spine.     |
| 99  |   | So let me just touch on one other subject here is that when you get the rib, the design |
| 100 |  | of the rib cage, when we get into the bone structure of the ribs, just know that when   |

|     |                                                                                     |                                                                                           |
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| 101 |    | the bones connect, they're going to be connecting from here, right, they'll go actually   |
| 102 |    | this way out from the spine, right, they just butt it up against this guy over here,      |
| 103 |   | this problem over here and they go out in this direction, right, that's the basic concept |
| 104 |  | of it.                                                                                    |

|     |                                                                                     |                                                                                               |
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| 105 |    | <p>So over here, they would have been going out the other way, right, these are the bones</p> |
| 106 |    | <p>for the rib cage.</p>                                                                      |
| 107 |   | <p>So this is really a short lesson in just to get us to understand this basic idea.</p>      |
| 108 |  | <p>So in the next lesson, we'll now look at this concept in much more detail where we'll</p>  |

|     |                                                                                     |                                                                                        |
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| 109 |    | look at how to understand the spine in more detail, right, we would have to invent our |
| 110 |    | own rules.                                                                             |
| 111 |   | So I'll see you in the next lesson.                                                    |
| 112 |  | Thanks.                                                                                |



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